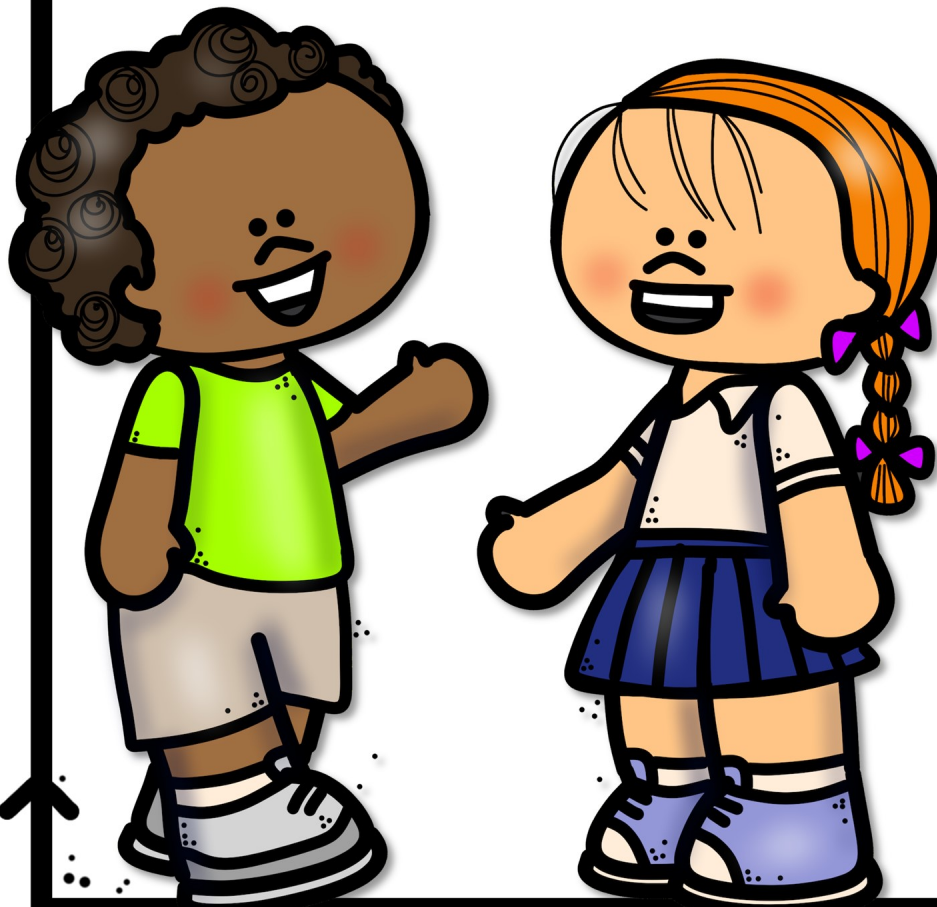


TALK IT OUT

Practice I-Messages



I feel sad
when you say my idea
was dumb.
Could you please keep
mean thoughts to
yourself?

I feel hurt
when you lie to me.
Could you please tell the
truth next time?

Talk it Out Statement Cards

How can you use these?

- Concentric Circles: Each student has a card and stands in two concentric circles. Students practice reading and responding to talk it out statements, switching cards, then one circle rotates and they repeat.
- Read-Read-Trade (see next page)
- Students use whisper phones to practice reading to themselves, then pass cards to the person next to them.

Once your students have mastered the format as well as tone of voice and body language, challenge them with these

[Conflict Resolution Task Cards](#)..

- **Read-Read-Trade (for independent readers):** Read-Read-Trade is a great collaborative learning active that includes movement. Give each student an I-message card, then ask everyone to stand up and find a partner.
 - Partners each take a turn reading their I-message aloud and letting their partner respond. Then they switch cards and go find new partners.
 - Continue for as much time as you have - I usually do 10 to 15 minutes.
 - If this is the first time using this activity/structure, consider modeling the following skills: how to find a partner/"hand up, pair up", voice volume, turn taking, etc..
 - For classes that need more structure, use a chime or other signal to indicate when it's time to switch cards and find a new partner (this is also helpful when you have kiddos that are too verbose or that are rushing).
 - If there are specific I-messages you want to discuss/model whole group, put a star on those cards. When you collect cards after quiz-quiz-trade, ask students holding star cards to keep theirs then call on them to read those I-messages aloud.

Talk it Out

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I feel frustrated
when you interrupt me
because I really want to share my idea.
Could you please let me finish?

I feel angry
when you call me names
because it is mean.
Could you please use nicer words?

I feel embarrassed
when you laugh at me when my answer is
wrong
because I tried my best.
Could you please be more respectful?

**TALK
IT OUT**

**TALK
IT OUT**

**TALK
IT OUT**

**TALK
IT OUT**

**TALK
IT OUT**

**TALK
IT OUT**

**I feel disappointed
when you tell on me for
playing in my desk.
Could you please talk to
me about it before you tell
the teacher?**

**I feel sad
when you yell at me.
Could you please use a
nicer voice?**

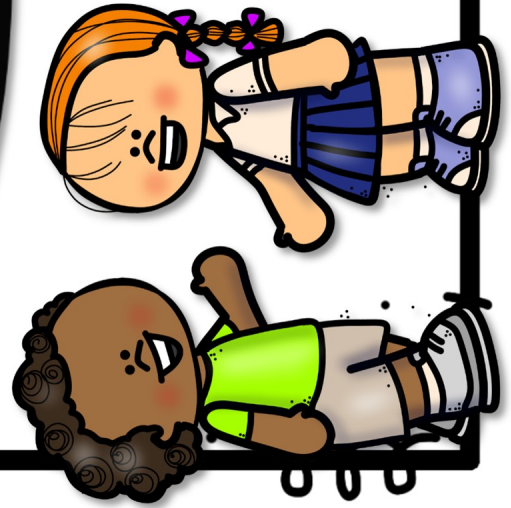
**I feel angry
when you say my new
haircut is ugly.
Could you please
apologize?**

**I feel frustrated
when you talk while I'm
working.
Could you please wait
until later to talk??**

**I feel sad
when you brag about
your test score.
Could you please talk
about something else?**

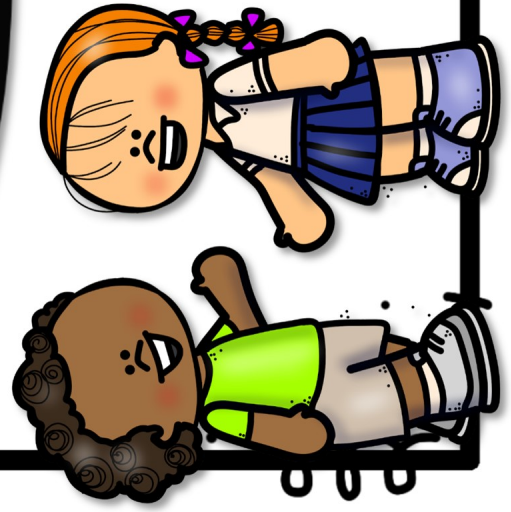
**I feel frustrated
when you cut in line.
Could you please go
back to your spot?**

I feel _____
when you _____
Could you please _____?



TALK IT OUT

I feel _____
when you _____
I need you to _____



TALK IT OUT

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

